

## Monday

Breakfast: Maple Apple Oatmeal (E)

Lunch: Easy Crispy Quesadilla (S)

Supper: Restaurant Style Breaded Chicken Tenders, Chick-fil-A Sauce, Roasted Okra (S)

Snack: Cinnamon Roll Protein Smoothie (E)

## Tuesday

Breakfast: Double Chocolate Low Carb Granola w/Almond Milk (S)

Lunch: Sprouted Sandwich (E) – Two pieces of toasted sprouted bread spread with 1 LLCC (Light Laughing Cow Cheese), lean ham or turkey breast, mustard, lettuce and pickles. Serve with crudités.

Supper: Low Carb Cheeseburger Salad (S)

Snack: German Chocolate Muffin in a Mug (S)

## Wednesday

Breakfast: Upside Down Pineapple Oatmeal with Greek Yogurt (E)

Lunch: Pizza in a Bowl (S)

Supper: Low Carb Cheeseburger Buns, Tossed Salad, Roasted Cauliflower, (S)

Snack: Pickles and Cheese Sticks wrapped in Deli Meat (S)

## Thursday

Breakfast: Pizza Omelette (S)

Lunch: Chef's Salad (S) – chopped lettuce/greens with vegetables, deli meat (or leftover chicken or steak) and dressing of choice.

Supper: Sweet & Sour Chicken with Brown Rice (E)

Snack: Sweetened Greek Yogurt with Berries (FP)

## Friday

Breakfast: Upside Down Pineapple Oatmeal (leftovers), with Greek Yogurt (E)

Lunch: Pizza Muffin in a Mug (S)

Supper: Green Chili Chicken Enchiladas, Tossed Salad (S)

Snack: Caramel Apple Yogurt (E)

## Saturday

Breakfast: Low Carb Biscuits and Sausage Gravy (S)

Lunch: Grilled Peanut Butter & Jelly Sandwich, Berries with Low Fat Cottage Cheese (E)

Supper: Pizza Meatball Casserole, Sliced Cucumbers, Roasted Broccoli (S)

Snack: Secret Ingredient Chocolate Peanut Butter Milkshake (FP)

## Sunday

Breakfast: Peanut Butter Cookie Dough Greek Yogurt (FP)

Lunch: Chef's Salad (S) - see above for idea

Supper: Spaghetti Squash Chicken Tetrazzini, Tossed Salad, Green Beans (S)

Snack: ½ Cup Cottage Cheese with Diced Apples and Sprinkle of Sweetener & Cinnamon (E)

## Desserts:

No Bake Collagen Fudge Bars (S)

5 Ingredient Coconut Treat Squares (S)